

FIRST INAUGURAL



# 5K Run/Walk and Fun Run

8:30 a.m. Saturday, October 8, 2005

NAS Jacksonville • Benefiting Navy-Marine Corps Relief Society & USO

## Run, Walk, Stroll

Join the VP-5 Officers' Spouses Club for the Inaugural VP-5k Run/Walk and 1-Mile Kids Fun Run.

It's **open to anyone** who has access to NAS Jacksonville. The course is very flat. The race begins at Patriot's Park on Yorktown and there will be water stations along to the finish. The race will be timed using the state-of-the-art ChampionChip timing. Runners wear the chip on their shoe during the race to be recorded in the results.

- Awards to Overall and Age Group Winners
- T-Shirts and Goodie bags for the first 400 runners
- Post Race Party and Awards Ceremony
- ChampionChip Timing

## 1-Mile Kids Fun Run

The Kids Fun Run will start shortly after the 5k in front of the Exchange. All kids will receive a t-shirt, kids goodie bag and a ribbon for finishing the race. Parents are responsible for keeping a watch out for their child's safety.

## What's the matter with a little friendly competition?

**Get your command involved to compete with other commands** (and bring the family to participate too!) Be the best in the air, at sea AND on land!

## Registration and Race Start *(see reverse side of page)*

Registration and the start line will be located at Patriot's Grove Park on Yorktown. Fees are \$15 for Adults and \$5 for the Kids Fun Run before October 1. Day of Race, \$20 for adults and \$8 for kids.

There are no refunds after registration and a portion of the fees are tax deductible. Please register using the form on the reverse or visit our page on the Internet at [www.1stPlaceSports.com](http://www.1stPlaceSports.com). A chip rental fee is included in your entry fee. Please use the chip provided for you at registration on the day of the event.

## Packet Pick Up

For race packet pick-up or late registration go to any 1<sup>st</sup> Place Sports location October 1-7, or get your packet at the event. (Please specify preference on entry form.) All timing chips and goodie bags must be picked up on race morning. Please allow time to pick up your race chip and even more time if you are registering on race day. Do not tear off the bottom portion of your race number, as it will be used as your ticket to be entered in the drawing and to pick up your goodie bag.

## Award Categories

Fastest Squadron/Command, Highest Participation by a Command, Fastest Aircraft Community (Jets, Props, Helos), Fastest CO, XO, and CMC, Top 3 Male and Female Finishers Overall, Age-Group: 12 and under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 50+. The winners of each category will be announced during the post race celebration and awards ceremony. All other results will be posted after the race at [www.1stplacesports.com](http://www.1stplacesports.com)

## Our Charities

We are proud to select the Navy-Marine Corps Relief Society and USO as recipients of the proceeds from the VP-5K. Both groups are non-profits dedicated to improving the lives of our sailors and their families here and abroad. For more information about NMCRS visit [www.nmcrs.org](http://www.nmcrs.org) and for the USO visit [www.uso.org](http://www.uso.org)

## Can't Run or Walk?

You can donate to the VP-5k race benefiting NMCRS and USO even if you are not participating. Come to the post race party! Morale support is a big part of a race and knowing that we have your support makes a difference too!

## Post Race Celebration

After the 5k and Fun Run, join us for a celebration in front of the exchange. Music and refreshments will be provided free of charge. The Awards Ceremony and prize drawings will also take place at this time.

# VP-5K

## OFFICIAL ENTRY FORM

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Official Use Only

Make Checks Payable to: VP-5 OSC

and mail to: 1st Place Sports Running Club, 3931 Baymeadows Road, Jacksonville, FL 32217

																				1ST PLACE CLUB CARD #			
First Name										Last Name													
Age on race day		Sex M F		shirt size S M L X				Enter your Command										Rank		FOR DISCOUNT Check any that apply CO XO CMC			
Street address																		Include Apt. #					
CITY										STATE		ZIPCODE				Check one 5K Mile							
TELEPHONE NUMBER																Method of Payment \$ Cash Check Credit Card		AMOUNT PAID WITH ENTRY					

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baymeadows	Jax Beach	Orange Park	Day of race only
Please indicate where you plan to pick up your race packet.			

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return by ChampionChip transponder or I will be billed \$30.00 as replacement cost. I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that there are no refunds for these events even if the event is canceled do to circumstances beyond race management's control.

Please sign here. (parent must sign if participant is under 18 years of age)

Date signed